



Core Beliefs Worksheet 1

Core beliefs are our most deeply held assumptions about ourselves, the world, and others. They are firmly embedded in our thinking, and significantly shape our reality and behaviors. Yet, as the name suggests, core beliefs are precisely that – beliefs rather than facts. Based on childhood assessments, they are often untrue. They are also self-perpetuating. Like magnets, they attract evidence that makes them stronger, and they repel anything that might challenge them. But the good news is that it is possible to change them.

1. Please complete the statements below. Do not spend a long time thinking about them; simply write what comes into your head.

I am _____

Other people are _____

The world is _____

2. Now think about these three statements. How do they make you feel? When did you first become aware of these beliefs? Which experiences shaped them? Who in your life may hold similar views?

3. Ask yourself: Do these beliefs still serve me? If not, which beliefs would be more constructive? Write down three beliefs about yourself, other people, and the world which you would like to cultivate going forward:

I am _____

Other people are _____

The world is _____

4. Whenever you become aware that the old core beliefs colour your thinking and interpretations of the world, recall their origins and that they no longer serve you. Try instead to remember your new core beliefs. How would you interpret an event or situation if you viewed it through the lens of your new beliefs?

